



COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

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Website: <http://www.bedfordma.gov> to follow link to COA

Director: Lori Wittner

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • COA Volunteer Coordinator: Ita Baird

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis

Happy Halloween!

You are invited to the COA for a wicked time on Saturday October 26 at 12:30 PM! Spooky treats will be served for \$3.00. Costumes are encouraged! Please sign up by calling (781) 275-6825.



Rheumatoid Arthritis Dr. Alan Marks

Dr. Marks will be sharing his expertise on Rheumatoid Arthritis and Osteoarthritis on Wednesday October 2 at 12:30 PM. He has been in private practice in Concord since 1978 with active privileges at Emerson. A light lunch will be sponsored by AbbVie. Pre-Registration is required by calling the COA at (781) 275-6825.



Hardy Fall Luncheon Tuesday October 22

Sponsored by Atria Longmeadow Place
Join us at 11:30 AM for a delicious meal
cooked by our friend Chef Jim! There is
no charge for this event, but please call
the COA at (781) 275-6825 to reserve
your spot!

Autumn Luncheon

Tuesday October 29 11:30 AM

Sponsored by Brightview Concord River

Come to the COA to enjoy a traditional New England fall meal of Shepherd's Pie, warm homemade rolls, and salad. And to make your lunch complete, apple pie and ice cream for dessert! There is no charge for this meal but please sign up in advance so that we know how many people to expect. Call the COA at (781) 275-6825.

Monday Morning Quarterback Club

Who needs talk radio? Whether you cheer for the Patriots or some other team come talk sports at the COA each Monday morning at 10:00 AM. All are welcome to join this new sports-focused group lead by fellow sports fan, Lou Ennis. Baseball, basketball, and hockey fans are encouraged to come too! There will be plenty to discuss!



2013 Senior Flu Clinics

Thursday October 10, 9-11 AM

Flu Vaccines will be available for Bedford seniors (ages 65+) at the Town Center Building. Please bring your Medicare cards as well as any other supplemental insurance you may have.

High Dose: Thursday October 17 from 9-11 AM

By appointment only (must be a Bedford Senior). Please call the COA at (781) 275-6825 to sign up.

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Trips! Trips! Trips!

Our Trips Coordinator, Lenore Dichard will escort you on the following adventures:



New Year's Eve At Noon

Make your New Year's Eve celebration unforgettable with a cruise on the Odyssey. Ring in the New Year with a delicious 3-course lunch on Boston Harbor, fun party favors, and a champagne toast at noon. A Disc Jockey will entertain you while you enjoy impeccable service and stunning skyline views. Your coach bus will depart from Bedford at 9:30 AM on December 31 and will return at approximately 3 PM. The cost of this trip is \$70 due upon sign up which begins on October 7. Advanced sign up is necessary in order to reserve enough spaces.

The Robert Frost Farm

There may still be spots available!

Contact the Bedford COA for more information.

Our friend, Stephen Collins will be your tour guide on Wednesday October 9. You will also have lunch at the Colosseum Restaurant where you will have the choice of Linguine with White Clam Sauce, Spaghetti with Meatballs, or Chicken Parmesan. Salad, coffee/tea, and dessert are also included. After lunch we will go to Hollis, NH to Brookdale Farm, a horticultural marvel astounding all in the fruit farm world. Enjoy the foliage and the great apple treats! The bus will depart from Bedford at 10:30 AM and will return at about 5:00 PM.

All Bedford COA day trips will depart from the Town Hall parking lot in front of the police station unless otherwise noted.

And Don't Forget These Ongoing Activities...

Have Some Fun!

Bingo! No BINGO this month due to Columbus Day Holiday.

Chess! Join our Chess group each Monday at 10AM. If you are an expert or have never played before, come work out your brain!

Dominos! Join us on October 28 at 10AM whether you are a seasoned player or haven't played since you were a kid!

Sing with the Songbirds! Wednesdays at 10:30 AM! All are welcome to join this fun and spirited group!

Play Scrabble! Do you love to play Scrabble? Then come to the COA Fridays at 1 PM to play!

Play Texas Hold 'Em Poker! Stop by Monday afternoons at 1 PM for poker!

Handcraft Group Come down each Monday at 3 PM to do your own handcraft projects and chat! New members always welcome!

Play Mah Jongg! Stop by Wednesdays at 11:00 AM! Lessons available! All are welcome!

Play Duplicate Bridge! Every Tuesday at 11 AM and Thursdays October 3 & 17.

Fitness and Fun For You!

Line Dancing with Katrina Come line dance each Friday at 1 PM. The class costs \$2.

Get Information and Advice

Talk to Your State Representative Call the COA to find out when Ken Gordon will be here in October to talk with you about state issues.

Need Legal Information? Retired lawyer Peter Robinson is available to talk with Bedford seniors to answer simple questions on wills, estates, etc. To arrange a meeting, contact the COA.

Federal Retiree Benefits If you or your spouse is a federal retiree, Rosemary Dyer will be available to answer questions about your benefits. Please call the COA to arrange a meeting.

Coffee Hour Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.

Single Again Are you finding yourself single again as an adult 55 and older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

Share Your Interests

Current Events Come each Thursday at 1 PM to talk about national, international, and local issues, or anything else.

The Genealogy Group meets to share information about exploring their family trees. Join them on Wednesday October 9 at 10:00 AM.

The Nom de Plume Writers Group meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are welcome.

Bedford-Lexington Great Books 10/1: *The Seagull* by Anton Chekhov. 10/22 *The Horse's Dealer* by D.H. Lawrence and *A Spinster's Tale* by Peter Taylor from *Short Story Masterpiece*, ed. Warren & Erskine.



Minuteman Senior Services Bedford Café!

Sign Up at the Bedford Cafe!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 on Mondays, Wednesdays, and Fridays. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

Volunteers Needed!

We are seeking volunteers to help serve lunch on Mondays, Wednesdays, and Fridays. Meals on Wheels drivers are also needed. For more information on helping at the Bedford Café, please call Lisa at 781-275-8542. To volunteer as a driver, please call Liz Rowe 781-221-7023.

✿ JUST FOR FUN ✿

Reminder to all Mah Jongg players!

Bedford COA Mah Jongg tournament
Wednesday October 2
Registration 9 - 9:30 AM
Tournament begins at 10 AM
National Mah Jongg League
rules will be followed

Fire Safety Breakfast

Fire and Life Safety Educator Nick Anderson will be at the COA serving up his famous flapjacks on Wednesday October 16 at 8:30 AM for just \$3.00 per person! Stick around to learn some helpful tips on staying safe this winter! All are welcome!

Library Book Discussion

Jen Dalrymple will lead a discussion of National Book Award Finalist *The Tiger's Wife* by Tea Obreht on **Tuesday October 29, 2013** at 1pm. Drawing on the former Yugoslavia's fabled past and recent bloodshed, Belgrade-born Obreht portrays two besieged doctors. Natalia is on an ill-advised good will medical mission at an orphanage on what is suddenly the other side, now that war has broken out, when she learns that her grandfather, a distinguished doctor forced out of his practice by ethnic divides, has died far from home. She is beset by memories, particularly of her grandfather taking her to the zoo to see the tigers. We learn the source of his fascination in mesmerizing flashbacks, meeting the village butcher, the deaf-mute Muslim woman he married, and a tiger who escaped the city zoo after it was bombed by the Germans.

Annual Police & Fire Cookout

Come enjoy a fall cookout sponsored by our friends from Bedford Police and Fire on **Saturday November 2** at 12:30 pm at the Council on Aging. There is no charge for this event, but space is limited, so **please sign up** by calling the COA at 781-275-6825.



Saturday Movies! Thanks to the FBCOA for our funding! All movies begin at 1:15 PM

October 5 *Super 8* (2011) PG-13 Joel Courtney, Elle Fanning. With a nod toward producer Steven Spielberg's landmark sci-fi films of the 1970s and '80s, writer-director J.J. Abrams crafts a supernatural tale about six kids who witness something incredible while shooting a movie with their Super 8 camera.

October 12 *Hereafter* (2010) PG-13 Matt Damon. Clint Eastwood directs this supernatural tale about three very different people and their responses to death, including a hesitant psychic named George who may be able to help the others find answers and peace.

October 19 *Epic* (2013) PG Beyonce Knowles, Colin Farrell, Jason Sudeikis, Steven Tyler. Magically transported to an enchanted forest, a teenage girl joins forces with a scruffy group of residents fighting a battle against evil, and soon realizes they must win to save both their world and hers.

October 26 *The Lady Vanishes* (1938) NR Traveling aboard a transcontinental train, young Iris Henderson (Margaret Lockwood) becomes alarmed when an acquaintance, elderly governess Miss Froy (Dame Mae Whitty), suddenly vanishes. Inexplicably, all the other passengers deny having seen the woman. So Iris turns to her lone ally, handsome music scholar Gilbert Redman (Michael Redgrave), for help. As the two search for clues to Froy's disappearance, they uncloak a sinister plot.

MONDAY
TUESDAY
WEDNESDAY

		9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/Tap Dance 12:30 Osteofitness 1:00 Writing Group 1:00 FBCOA	2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/ Great Books	1 Mah Jongg Tournament 9:00 Exercise/Fix It Shop 10:00 Computer Club 10:30 Songbirds/ Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ Arthritis 2:00 SHINE	2
9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/Chess 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	7	9:00 Fix It Shop 9:30 Exercise 10:30 Hearing 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness	2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	8 Frost Farm Trip 9:00 Exercise/Fix It Shop 10:00 Genealogy 10:30 Songbirds/ Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE	9
Columbus Day CLOSED	14	9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Writing Group 1:30 Beginner Computer	2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	15 8:30 Pancakes 9:00 Exercise/Fix It Shop 10:00 Computer Club 10:30 Songbirds/ Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Retirement Today 2:00 SHINE	16
9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/ Chess 11:00 Nurse's Hours 11:45 Lunch 1:00 Poker/ Floor Yoga/Medicare 3:00 Handcrafts	21	9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 11:30 Luncheon 12:30 Osteofitness 1:30 Beginner Computer	2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/ Great Books	22 9:00 Exercise/Fix It Shop 10:30 Songbirds/ Massage/ Nutrition 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Trusts 2:00 SHINE	23
9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/ Chess/Dominos 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	28	9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 11:30 Luncheon 12:30 Osteofitness 1:00 Book Discussion	1:30 Beginner Computer 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	29 9:00 Exercise/ Fix It Shop 10:30 Songbirds/ Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE	30



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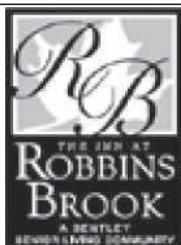
THURSDAY

FRIDAY

SATURDAY

9:00 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	3	9:00 Exercise 9:30 Yoga 10:30 Meditation/ Poetry 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	4	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: Super 8	5
9-11 Senior Flu Clinic 9:00 Floor Yoga 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	10	9:00 Exercise 9:30 Yoga 10:30 Meditation/ Poetry 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Line Dancing/ Nurse's Hours	11	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: Hereafter	12
9-11 High Dose Flu Shots 9:00 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events 2:00 Computer Drop-In	17	9:00 Exercise 9:30 Yoga 10:30 Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	18	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: Epic	19
9:00 Floor Yoga 10:00 Exercise/Hearing 11:00 Online Safety 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	24	9:00 Exercise 9:30 Yoga 10:30 Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	25	12:30 Halloween Party 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: The Lady Vanishes	26
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Friends of the Bedford Council on Aging Notes

IMPORTANT CHANGE! From Now On, The Monthly Meeting Will Be Held On the FIRST Tuesday of Each Month

Next Meeting: Tuesday October 1, 1:00 pm in the Flint Room

FIX IT SHOP NEWS

The Fix-It-Shop is open on Tuesdays and Wednesdays from 9:00 AM to 12:00 PM. All proceeds benefit the FBCOA. Whether you need a watch battery replaced or your vacuum cleaner needs repairing, the Fix It Shop volunteers can do just about any job!

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia bsrpurchia@aol.com with FBCOA in the subject line.

FBCOA Annual Membership Dues

2013—2014

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____

(Tax deductible contributions gratefully accepted)

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The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

FBCOA 2014 Membership Dues by September 2013

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